

# ABC Seniors Newsletter

**Positive  
 Ageing  
 Month**  
**October**

**AUTUMN 2023**

**EDITION 7**

**Hello and welcome from the Armagh, Banbridge and Craigavon Seniors Network. We are an umbrella group representing the older community within the Armagh City Banbridge and Craigavon Borough Council area. ABC Seniors Network is made up of 21 Committee Members from older peoples groups throughout the Borough with 4 support organisations and 5 community and voluntary members. Our Mission Statement is to represent and influence decisions and policies for the older community in this area by giving them a voice on topical issues that impact directly on their health and social wellbeing. Our goal is to make this Borough a place where older people can live full, active, valued and healthy lives.**

Positive Ageing Month takes place this October and is a month-long festival of events and activities to highlight the valuable contribution older people make to everyone's lives. It encourages older people to reach out and connect not only to reduce social isolation and loneliness but to support them to live long, healthy lives. Check out all the Positive Ageing Month Activities available throughout the Borough this October in the middle pages. Places are limited and booking is essential, so book early to avoid disappointment.

If you would like to sign up to our mailing list, or to raise concerns about an issue in your local area, please call **Stephanie on 07825 010630** or email **agefriendly@armaghbanbridgecraigavon.gov.uk**



## Useful Numbers

<b>ABC Seniors Network</b>	07873 339 423
<b>Access and Information</b>	0283756 4300
<b>Action Fraud</b>	0300 123 2040
<b>Age Friendly Officer</b>	07825 010 630
<b>Age NI Advice Service</b>	0808 808 7575
<b>Armagh Rural Transport</b>	028 3751 8151
<b>Council Offices</b>	0300 0300 900
<b>DART Partnership</b>	028 3831 7810
<b>Elder Abuse</b>	0808 808 8141
<b>Home Safety Advice</b>	0330 0561 011
<b>Home Security Advice</b>	07919 306 281
<b>Make the Call</b>	0800 232 1271
<b>N.I. Direct</b>	0300 200 7899
<b>N.I. Electricity Networks</b>	03457 643 643
<b>N.I. Water</b>	0345 744 0088
<b>Out of Hours Doctor</b>	028 3839 9201
<b>Police Emergency</b>	999
<b>Police Non-Emergency</b>	101



# Margaret's Cookery Corner

## Potato & Leek Soup Served with Healthy Wheaten Bread



### Potato & Leek Soup

#### Ingredients

- 2 large leeks well washed and chopped
- 1 tablespoon sunflower oil  
Optional: You can add chopped bacon (cook with leeks)
- 4 large potatoes peeled washed and chopped
- 2 pints stock (can be vegetable stock cubes, chicken stock cubes or 1 of each)
- Seasoning: salt & pepper

#### Method

- Put sunflower oil and leeks into saucepan and sauté off till soft on a low heat (10mins)
- Add 2 pints stock and cubed potatoes. Bring to boil and then simmer for 20 minutes, season with salt and pepper. Sprinkle with a little parsley if you like.
- Serves 4 people, this soup freezes well.

### Healthy Wheaten Bread

#### Ingredients

- 1lb Neill's course or medium wheaten flour
- 6ozs plain flour
- 1 large handful of porridge oats
- 3 teaspoons of baking soda (sieved)
- 1 tablespoon of margarine
- 2 pints buttermilk
- 1 tablespoon sunflower oil
- Optional: you can add 2 tablespoons of sunflower seeds

#### Method

- Mix all dry ingredients together in a bowl then rub margarine into mix, make a well in middle and add all buttermilk and oil and stir in. (soft consistency) this is a softer mix than most wheaten bread recipes.
- Grease a 2lb loaf tin and 1lb loaf tin with margarine and add mixture. I sprinkle a small handful of porridge oats over top of mix.
- Bake middle shelf of oven at 185°C / fan 185°C / gas 6.
- Bake large 2lb loaf for 45 minutes and small 1 lb loaf should be ready after 35 minutes, check with skewer if mixture is cooked in centre. A metal skewer will typically come out clean.
- If you want a soft topped bread cover tins with a clean damp drying cloth for 10 minutes, then turn them out on to cooling rack, otherwise once out of oven turn out of tins onto cooling rack.
- This bread freezes well.

# GET MOVING

AND FEEL GREAT

#GETMOVINGABC



Get Moving ABC is a Borough wide targeted initiative, with a collective effort by a range of local organisations and groups, to motivate and support as many people as possible, to work towards and achieve the recommended physical activity levels and positively impact the health and wellbeing of all people living in the Borough.

The long term aim is get more of our population moving and become the most physically active Borough in Northern Ireland. Regular exercise is important throughout our whole life, but it becomes even more important as we get older. If you're over 50, it's not too late to start getting regular exercise, 150 minutes of moderate physical activity per week is recommended.

The Get Active ABC team are passionate in motivating older people to get active. Running, walking, swimming, dancing, fitness classes and the gym are a great starting point to begin your fitness journey. Please see details of our Over 50s Clubs below that are available to anyone aged 50+. For more information give your chosen Centre a call.

## GILFORD COMMUNITY CENTRE

**Monday & Friday** 10.00am – 12.00pm  
Badminton, Chi Me, Pickle ball & much more  
£3.10pp | FREE for members  
☎ 02838831708

## ORCHARD LEISURE CENTRE

**Tuesdays**  
Badminton | 9.00am – 12noon  
Yoga | 12noon – 1.00pm  
£3.10pp | FREE for members  
☎ 02837515920

## RICHHILL RECREATION CENTRE

**Tuesdays** 9.00am – 10.00am  
Low impact activity class  
£3.10pp | FREE for members  
☎ 02838870718

## TANDRAGEE RECREATION CENTRE

**Fridays**  
Activity class | 10.00am – 11.00am  
Tea & Coffee | 11.00am – 12.00pm  
£3.10pp | FREE for members  
☎ 02838841110

## SOUTH LAKE LEISURE CENTRE

**Wednesdays** 10.15am – 12noon  
Activities include: Dance | Pickleball  
Circuits | Badminton | Boccia  
£3.10pp ☎ 03300564411

## FREE SWIMS FOR PEOPLE AGED 60+

Over 60's get FREE Swimming at the following Centres.  
Please contact relevant reception for more details:

- Banbridge Leisure Centre – 02840628800
- Orchard Leisure Centre – 02837515920
- South Lake Leisure Centre – 02838841110

# Make moving part of your day

Being physically active is one of the most important things you can do each day to maintain and improve your health and keep doing things you enjoy as you age.

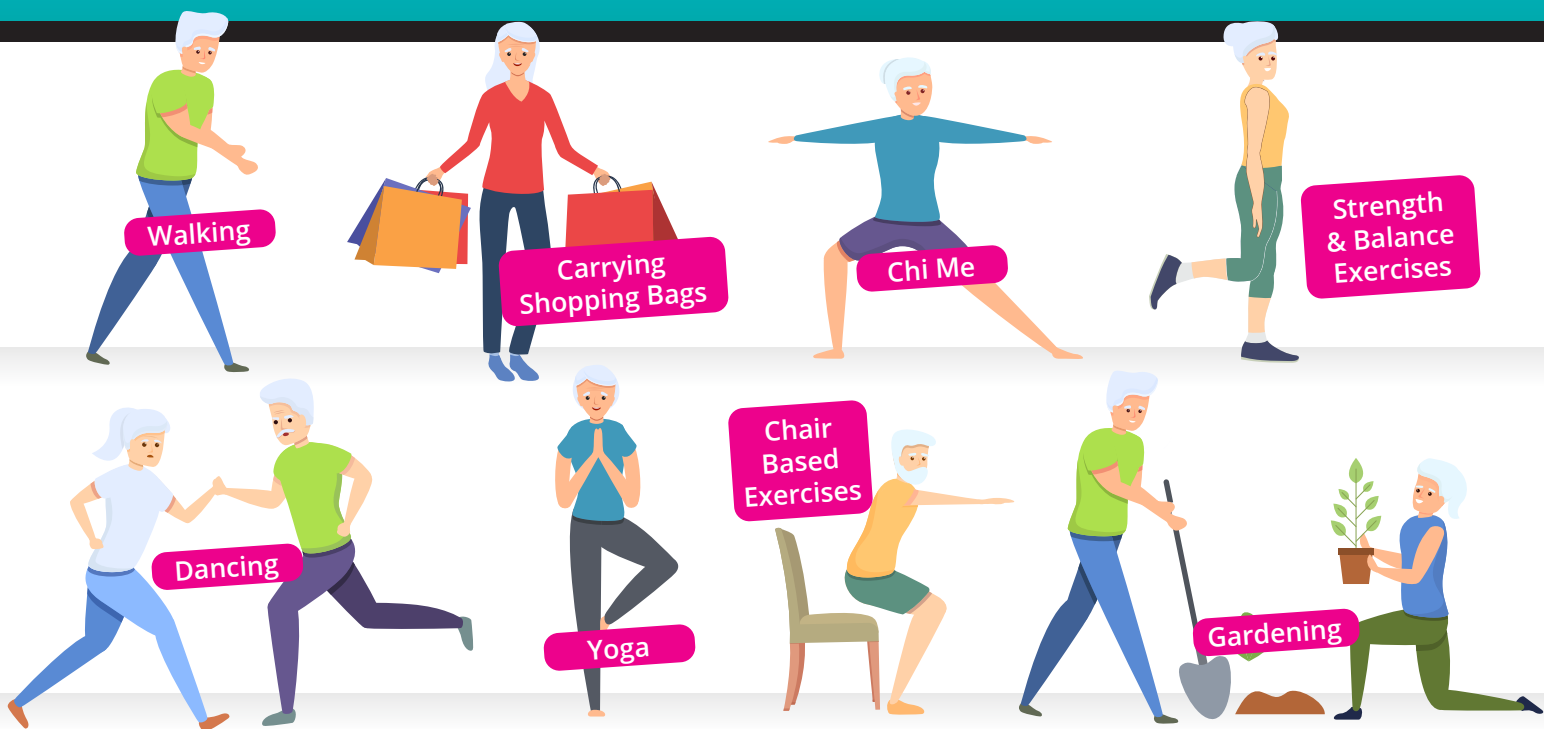


Every Move Counts!

## Benefits of moving more

- ✓ Improves mobility
- ✓ Improves strength & balance
- ✓ Improves sleep
- ✓ Boosts your mood
- ✓ Make new friends
- ✓ Feel better
- ✓ Improves mental health & wellbeing
- ✓ Helps reduce stress

## What you can do:



Every Move Counts

Move more throughout the day

Break up sitting time

Work on strength & balance

# Driving as You Get Older



## Now that you are a little older

- Do you feel less confident when driving?
- Do you find it difficult to drive at night?
- Is your mobility restricting your movements when driving?

As you get older, it's a matter of adjusting your lifestyle to what's comfortable for you. One of the positive changes that might make a difference is changing your car to one that is higher and more suitable for your mobility, or an automatic car where you don't have to worry about clutching and changing gear.

Remember two important points when driving to keep you and other drivers safe:-

1. Your Cars Health
2. Your Personal Health

## The law on medical conditions and driving

You must tell the Driver & Vehicle Agency (DVA) about any medical conditions that may affect your ability to drive safely.

## The effect of prescription medication on driving

If you're on prescribed medication, ask your doctor if it could have an impact on your driving. Some over the counter and prescription medicines can cause drowsiness, dizziness or difficulty concentrating.

## The law on eyesight and driving

It's illegal to drive if you can't read a number plate from a distance of 20.5 meters (22 yards). If you need glasses or contact lenses to see this far, make sure you wear them every time you drive.

## What to do if you decide to stop driving

You should contact the DVA and tell them that you're giving up your driving licence. If you have a medical condition, you'll need to fill in a form and send it back to the DVA together with your licence.

## Travelling after giving up your licence

Giving up driving doesn't mean you are giving up your independence. You could use public transport, a rural or community bus or ask friends or family members for their support to get you out and about. This could even be an opportunity to make new friends.



# Positive Ageing Month October 2023

**Positive Ageing Month takes place this October and is a month-long festival of events and activities to highlight the valuable contribution older people make to everyone's lives. It encourages older people to reach out and connect not only to reduce social isolation and loneliness but to support them to live, long healthy lives.**

Check out the Get Active ABC Website for more information about Positive Ageing Month Activities available throughout the Borough this October.

**🌐 <https://getactiveabc.com/positiveageingmonth>**

Some Over 50s Clubs may be free to Get Active ABC Members, please check at time of booking.

<b>Sun 1 Oct</b>	<p><b>International Older Persons Day</b> Launch of Positive Ageing Month - Address by Lord Mayor Alderman Margaret Tinsley</p>
<b>Mon 2 Oct</b>	<p><b>Over 50s Club - Gilford Community Centre, 10.00am – 12.00pm.</b> Programme to include Badminton, Chi Me, Pickle ball &amp; much more. Light refreshments included. For more information or to book call Reception <b>02838831708</b> Cost: <b>£3.10 per session</b></p> <p><b>GOGA FIT Armagh - Dobbin Street Community Centre Armagh, 10am – 11am.</b> Low intensity Inclusive Exercise class lookingw to develop balance, range of movement and cardio fitness. For more information or to book call Martin on <b>07392170746</b> or Email: <b>mquick@dsni.co.uk</b> Cost: <b>£2 per session.</b></p> <p><b>HIM Group – (Men only). The Fitzone Foundation, Legahory Centre, Brownlow, BT65 5BE. 10am.</b> Social Club across Verve Healthy Living Network for men only with light refreshments included. For more information or to book call <b>07780812312.</b> Cost: <b>£4 per session</b></p> <p><b>Verve Chatty Walks – Lurgan Park meeting at the water fountain, 10am – 11am.</b> Gentle walk and chat. Everyone welcome, light refreshments included. For more information call <b>02837563946</b> or email: <b>verve.network@southerntrust.hscni.net</b> Cost: <b>Free</b></p> <p><b>Walking Football - Rathfriland Community Centre, 11am -1pm.</b> Indoor walking football with light refreshments included. For more information or to book call Reception on <b>02840638188</b> Cost: <b>£2 per session</b></p>

## Mon 2 Oct

**Taghnevan Knitting Club – Taghnevan Youth & Community Centre, Glenholme Park, Lurgan, 2pm – 4pm.** Social Club across Verve Healthy Living Network. Come along and learn a new skill and have a chat with light refreshments included. For more information or to book call **02838324989** Cost: **£2 per session**

**More on the i-Pad - Banbridge Library, 2:00pm – 4:00pm.** Take another step and discover more ways to use your iPad. For more information or to book call **028 4062 3973** or Email: **banbridge.library@librariesni.org.uk** Cost: **Free**

**GOGA Tai Chi/ Chi me taster session - Dobbin Street Community Centre Armagh, 5pm-6pm.** Low impact Tai chi for arthritis and Chi/ Me which aims to improve balance core strength and range of motion. For more information or to book call Martin on **07392170746** or Email: **mquick@dsni.co.uk** Cost: **£2 per session**

**Intergenerational Christmas Small Grants Scheme Launch** - Linking Generations Northern Ireland are delighted to launch their Age Connected Christmas Small Grants Scheme as part of Positive Ageing Month 2023. Applications will open on 2nd October 2023 and close on the 27th October 2023. They are inviting community groups, schools, care settings, nurseries, housing settings and more to apply for small grants of £125 to bring generations together during the month of December to spread some festive cheer, make connections and enjoy each-others company. For more information, application pack, ideas and resources please visit the LGNI News page **www.linkinggenerationsni.com/news/** or contact Elaine on **07754846305** or Email **elaine.brownlee@bjf.org.uk** Cost: **Free**

## Tues 3 Oct

**Over 50s Club - Richhill Recreation Centre, 9.00am – 10.00am.** Low impact activity class. For more information or to book call Reception on **02838870719** Cost: **£3.10 per session**

**Over 50s Club (Badminton + Yoga) Orchard Leisure Centre Armagh Drop-in Badminton, 9am – 12noon. Yoga 12noon – 1pm.** For more information or to book call **02837515920**. Cost: **£3.10 per session**

**Guided Audio Nature Trail Tour – Lurgan Park, 10am – 11.30am.** Join us as we explore the Parks, learn more about the nature and the wildlife in the Park. The trails are suitable for all abilities, will take up to 90 minutes, and will cover a maximum distance of 2.2 miles. To book call Golf and Ski Centre on **02838 326606** or via **https://getactiveabc.com/positiveageingmonth** Cost: **Free**

**Bat and Chat – Banbridge Leisure Centre, 10.30am – 12noon.** Bat and Chat table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly and relaxed environment. The sessions are ideal for everyone, from beginners who want to learn as well as more experienced players. All equipment is provided. For more information or to book call Amanda on **07816341112** or Email: **Amanda.mogey@armaghbanbridgecraigavon.gov.uk** Cost: **£3 per session**

**Beauty Tips and Demonstrations with Dream Beauty – Ardmore Elders, Ardmore Community Hall, Ardmore, Craigavon, BT66 6QP, 1:45pm- 3:15pm.** Run in conjunction with Loughshore Care Partnership. Come along to this step by step skin care and make up tutorial where you will be shown ways to match colour skin and beauty tones to complement your complexion – followed by an opportunity to ask some questions along with a cup of tea. For more information or to book call Hazel on **07787933257** or Email: **Bolandhazel0@gmail.com** Cost: **Free**

## Tues 3 Oct

**Online Photo Class - Richhill Library, 2:00pm – 4:00pm.** Creative photos for fun: order prints and create photobooks online. For more information or to book call **028 3887 0639** or Email: [richhill.library@librariesni.org.uk](mailto:richhill.library@librariesni.org.uk) Cost: **Free**

**Buff Bones - Richhill Recreation Centre, 5pm – 5.45pm.** Health class promoting strength training & therapeutic exercise. For more information or to book call Reception on **02838870719** Cost: **£2 per session**

## Wed 4 Oct

**Over 50s Club - Richhill Recreation Centre, 9.00am – 10.00am.** Low impact activity class. For more information or to book call Reception on **02838870719** Cost: **£3.10 per session**

**Verve Chatty Walks – Oxford Island meeting at Lough Neagh Discovery Centre, 10am – 11am.** Gentle walk and chat. Everyone welcome, light refreshments included. For more information call **02837563946** or email: [verve.network@southerntrust.hscni.net](mailto:verve.network@southerntrust.hscni.net) Cost: **Free**

**Danceathon – South Lakes Leisure Centre, 10am – 12noon.** Dancing for fun and to improve health and wellbeing. For more information or to book call **03300564411** Cost: **£3.10 per session**

**Zen Tangling South Lakes Leisure Centre, 10am – 12noon.** Creative Art Session - an easy-to-learn, relaxing, and fun way to create beautiful images. Cost: **£3.10 per session**

**Bat and Chat – Dromore Community Centre, 10.30am – 12noon.** Bat and Chat table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly and relaxed environment. The sessions are ideal for everyone, from beginners who want to learn as well as more experienced players. All equipment is provided. For more information or to book call Amanda on **07816341112** or Email: [Amanda.mogey@armaghbanbridgecraigavon.gov.uk](mailto:Amanda.mogey@armaghbanbridgecraigavon.gov.uk) Cost: **£3 per session**

**Fall Awareness Workshop – Banbridge Leisure Centre, 10.30am – 12.30pm.** Come along and find out more about the Falls Fighter Campaign, get your fitness levels checked and take part in some gentle exercises. Light refreshments included. Places are limited so booking is essential. For further information or to book a place contact Stephanie Rock on **078250120630** or email: [Agefriendly@armaghbanbridgecraigavon.gov.uk](mailto:Agefriendly@armaghbanbridgecraigavon.gov.uk) Cost: **Free**

**Cairde Éireann Group – (every Wednesday) Victoria St, Lurgan, 11:00am – 1:00pm.** Social Clubs across Verve Healthy Living Network - Programmes include a wide variety of activities for wellbeing and time for a chat with light refreshments included. For more information or to be added to the waiting list call Aileen **07443488064** or Email: [aileenlavery@live.co.uk](mailto:aileenlavery@live.co.uk). Cost **£4 per session**

**HOPE Group – Drumcree Community Centre, Portadown, 2pm – 4pm.** A peer support group for people living with chronic pain. Craft, relaxation, light exercise, information and support. Light refreshments included. For more information or to book call **02837563946**. Cost: **small contribution towards refreshments**

**Buff Bones – Tandragee Recreation Centre, 5pm – 5.45pm.** Health class promoting strength training & therapeutic exercise. For more information or to book call Reception on **02838841110** Cost: **£2 per session**



**Thur 5 Oct**

**Verve Chatty Walks – South Lakes meet at Café Incredible, 10am-11am.** Gentle walk and chat. Everyone welcome, light refreshments included. For more information call **02837563946** or email: **verve.network@southerntrust.hscni.net** Cost: **Free**

**Bat and Chat – South Lake Leisure Centre, 10.30am – 12noon.** Bat and Chat table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly and relaxed environment. The sessions are ideal for everyone, from beginners who want to learn as well as more experienced players. All equipment is provided. For more information or to book call Amanda on **07816341112** or Email: **Amanda.mogey@armaghbanbridgecraigavon.gov.uk** Cost: **£3 per session**

**Social Pickleball – Rathfriland Community Centre, 10am – 12noon.** Pickleball is a fun and active sport that helps you improve your fitness while providing an opportunity to get out and be social. Light refreshments included. For more information or to book call Reception on **02840638188** **£2 per session**

**Friendly Club – Clan Na Gael, Davitt Park, Francis Street, Lurgan, 10.30am-12.30pm.** Social Club across Verve Healthy Living Network. Programmes include a wide variety of activities for wellbeing and time for a chat with light refreshments included. For more information or to book call 07725179863. Cost: **£3 per session**

**Selected Poetry Readings – Diamond Club, Maghera Community Hall, 111 Maghera Road Dungannon, BT71 PA, 11:00 – 12:15pm.** Run in conjunction with Loughshore Care Partnership. Join us for a very relaxed morning of selected poetry recitals with a local historian from the recently published Heart and Soul of the Montiags – One Hundred Years by Paul Carville along with a warming cup of tea. For more information or to book call Hazel on **07787933257** or Email: **Bolandhazel0@gmail.com** Cost: **Free**

**Get Support With Hearing Loss Session – Free drop-in service – Visit RNID at The Old Town Hall, 1 Scarva Street, Banbridge, BT32 3DA, 11am – 1pm.** No appointment needed. Our friendly volunteers can support you with: Information on hearing loss and tinnitus, How to do a hearing check, Hearing aids, including basic repairs and maintenance of NHS hearing aids, How to access support and services in your area. For more information call Carolyn on **07407732106** or Email: Mariette Mulvenna & Lisa Stewart on **Volunteering.northernireland@rnid.org.uk** Cost: **Free**

**Community Strength and Balance Maintenance Classes – The Fitzone Foundation, Legahory Centre, Brownlow 1pm – 2pm.** Exercises to improve your strength and balance for those with limited mobility or have had/have a fear of falling. For more information, other locations or to book call Sean on **02837563952** or Email: **Sean.collins@southerntrust.hscni.net** Cost: **Free**

**Tai Chi - Richhill Recreation Centre 6pm – 7pm** Gentle exercise and moving meditation, with benefits to mental and physical health. For more information or to book call Reception on **02838870719** Cost: **£2 per session**

**Tai Chi – Richhill Recreation Centre 7pm – 8pm** Gentle exercise and moving meditation, with benefits to mental and physical health. For more information or to book call Reception on **02838870719** Cost: **£2 per session**

## Fri 6 Oct

**Over 50s Club – Gilford Community Centre, 10.00am – 12.00pm.** Programme to include Badminton, Chi Me, Pickle ball & much more. Light refreshments included. For more information or to book call Reception **02838831708** Cost: **£3.10 per session**

**Positive Mindset Event – ABC Community Network Office, 82 Thomas Street Portadown. 11am – 2pm.** Activities to include: Activities: Yoga/Mindfulness, Walk & Talk, Wreath Making, Garden Crafts, Positive Talk finishing up with lunch. Limited numbers so booking is essential by telephoning **02838392777** on Thursday 21st and Friday 22nd September only. Cost: **Free**

**Over 50s Club – Tandragee Recreation Centre, 11am-12noon.** Assorted activities for anyone aged 50+. For more information or to book call Reception on 02838841110 Cost: **£2 per session**

**Taghnevan Over 50's – Taghnevan Youth & Community Centre, Glenholme Park, Lurgan Glenholme Park, Lurgan. 12pm – 2pm.** Social Club across Verve Healthy Living Network. Programmes include a wide variety of activities for wellbeing and time for a chat with light refreshments included. For more information or to book call **02838324989** Cost: **£3 per session**

## Sun 8 Oct

**Armagh Rambling Club invite you to a walk around Drum Manor Forest Park** – Meet at Armagh Palace gates to depart promptly at 2pm. For more information or to book call Tom on **07834 345114**, Email: **secretary@armaghrambling.com** or check out the website: **<https://armaghrambling.com/>** Cost: **First two walks are free**

## Mon 9 Oct

**Over 50s Club – Gilford Community Centre, 10.00am – 12.00pm.** Programme to include Badminton, Chi Me, Pickle ball & much more. Light refreshments included. For more information or to book call Reception **02838831708** Cost: **£3.10 per session**

**GOGA FIT Armagh – Dobbin Street Community Centre Armagh. 10am-11am.** Low intensity Inclusive Exercise class looking to develop balance, range of movement and cardio fitness. With light refreshments included. For more information or to book call Martin on **07392170746** or Email: **mquick@dsni.co.uk** Cost: **£2 per session**

**HIM Group – (Men only). The Fitzone Foundation, Legahory Centre, Brownlow, BT65 5BE. 10am.** Social Club across Verve Healthy Living Network for men only with light refreshments included. For more information or to book call **07780812312**. Cost: **£4 per session**

**Verve Chatty Walks- Lurgan Park meeting at the water fountain. 10am-11am.** Gentle walk and chat. Everyone welcome, light refreshments included. For more information call **02837563946** or email: **verve.network@southerntrust.hscni.net** Cost: **Free**

**Nurture in Nature Walks The Palace Stables Armagh. Meeting at 10:45 am at the top of the main carpark for 11am start for a 40 min walk** (Chi Me will be offered as an alternative to the walk if the weather is poor) with light refreshments included. Places are limited so booking is essential. For more information or to book call Joan on **07515607472** or Email: **PITC@armaghbanbridgecraigavon.gov.uk** Cost: **Free**

**Walking Football – Rathfriland Community Centre, 11am -1pm.** Indoor walking football with light refreshments included. For more information or to book call Reception on **02840638188** Cost: **£2 per session**

**Taghnevan Knitting Club Taghnevan Youth & Community Centre, Glenholme Park, Lurgan Glenholme Park, Lurgan, 2pm – 4pm.** Social Club across Verve Healthy Living Network. Come along and learn a new skill and have a chat with light refreshments included. For more information or to book call **02838324989**. Cost: **£2 per session**

**Mon 9 Oct**

**GOGA Tai Chi/ Chi me taster session - Dobbin Street Community Centre Armagh.**

**5pm – 6pm.** Low impact Tai chi for arthritis and Chi/ Me which aims to improve balance core strength and range of motion. For more information or to book call Martin on **07392170746** or Email: **mquick@dsni.co.uk** Cost: **£2 per session**

**Tues 10 Oct**

**Over 50s Club Richhill Recreation Centre, 9.00am – 10.00am** Low impact activity class. For more information or to book call Reception on **02838870719** Cost: **£3.10 per session**

**Over 50s Club (Badminton + Yoga) Orchard Leisure Centre Armagh Drop-in Badminton between 9am – finishes at 12noon. Yoga 12noon – 1pm.** For more information or to book call **02837515920** Cost **£3.10**

**Bat and Chat – Banbridge Leisure Centre, 10.30am – 12noon.** Bat and Chat table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly and relaxed environment. The sessions are ideal for everyone, from beginners who want to learn as well as more experienced players. All equipment is provided. For more information or to book call Amanda on **07816341112** or Email: **Amanda.mogey@armaghbanbridgecraigavon.gov.uk** Cost: **£3 per session**

**Pilates – Dromore Community Centre, 10.30am-11.15am.** Pilates promotes flexibility, strength and conditioning. For more information or to book call Reception on **02892699070** Cost **£2 per session**

**Chi Me/Strength and Balance Session. Birches Cosy Club, Birches Cosy Club Building, 2 Clonmakate Road, Craigavon, BT62 1LP, 10:30 – 12noon.** Run in conjunction with Loughshore Care Partnership. Enjoy a welcoming cup of tea with an opportunity to learn some techniques to improve your balance and posture whilst strengthening muscles. Chi Me can help improve the muscular strength, balance, co-ordination, flexibility and relaxation, creating a wonderful sense of wellbeing. For more information or to book call Hazel on **07787933257** or Email: **Bolandhazel0@gmail.com** Cost: **Free**

**Yoga – Dromore Community Centre, 11.30am-12.15pm.** Yoga promotes flexibility, strength and conditioning. For more information or to book call Reception on **02892699070** Cost: **£2 per session**

**Buff Bones – Richhill Recreation Centre, 5pm - 5.45pm.** Health class promoting strength training & therapeutic exercise. For more information or to book call Reception on **02838841110** Cost: **£2 per per session**

**On Your Feet Taster Session Taghnevan Youth & Community Centre Lurgan, 1.30pm – 3pm.** Low impact activity involving simple movements that form basic dances. Light refreshments included. For more information or to book call Patreea on **02838324989/07787000160** Email: **patreea.long@armaghbanbridgecraigavon.gov.uk** Cost: **Free**

**Wed 11 Oct**

**Verve Chatty Walks – Oxford Island meeting at Lough Neagh Discovery Centre, 10am – 11am.** Gentle walk and chat. Everyone welcome, light refreshments included. For more information call **02837563946** or email: **verve.network@southerntrust.hscni.net** Cost: **Free**

**Online NEA Energy Efficiency in the Home, 10am – 11.30am: delivered via zoom** Find out from National Energy Action about energy efficient heating, lighting, and appliances, keeping the heat where it is needed, comparing, and switching energy suppliers, advice, and support in Northern Ireland. Booking is essential. Please register via this link **<https://www.eventbrite.co.uk/e/energy-efficiency-in-the-home-in-northern-ireland-tickets-684994566187>**. For more information email: **Nichola.macdougall@nea.org.uk** Cost: **Free**

## Wed 11 Oct

**Laughter Yoga – 1. South Lakes Leisure Centre, 10am – 112noon.** Practising Laughter Yoga each day increases a person’s memory, thinking abilities, and intellectual capacity. It provides people taking part the ability to laugh without a reason. For more information or to book call **03300564411** Cost **£3.10 per session**

**Water Based Activity – 1. South Lakes Leisure Centre, 10am – 12noon.** Increases flexibility and improves heart and lung function, whilst building strength with gentle resistance from the water. Relieves joint pain as well as symptoms of arthritis and blood circulatory problems. For more information or to book call **03300564411** Cost: **£3.10 per session**

**Bat and Chat – Dromore Community Centre, 10.30am – 12noon.** Bat and Chat table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly and relaxed environment. The sessions are ideal for everyone, from beginners who want to learn as well as more experienced players. All equipment is provided. For more information or to book call Amanda on **07816341112** or Email: **Amanda.mogey@armaghbanbridgecraigavon.gov.uk** Cost **£3 per session**

**Chair Yoga Taster Session – 1. Ashgrove Community Centre, Portadown 2pm – 13.30pm.** Light refreshments included. For more information or to book call Patee on **02838324989/07787000160** Email: **patreea.long@armaghbanbridgecraigavon.gov.uk** Cost: **Free**

**HOPE Group – 1. Drumcree Community Centre, Portadown, 2pm – 14pm.** A peer support group for people living with chronic pain. Craft, relaxation, light exercise, information and support. Light refreshments included. For more information or to book call **02837563946.** Cost: **small contribution towards refreshments**

**Press Reader – 1. Tandragee Library, 2:00pm – 14:00pm.** Come along and find out how to use the Libby App to access free online newspapers. For more information or to book call **028 3884 0694** or Email: **tandragee.library@librariesni.org.uk** Cost: **Free**

**Buff Bones – 1. Tandragee Recreation Centre, 5pm – 15.45pm.** Health class promoting strength training & therapeutic exercise. For more information or to book call Reception on **02838841110** Cost: **£2 per session**

## Thurs 12 Oct

**Verve Chatty Walks – 1 South Lakes meet at Café Incredible, 10am – 111am.** Gentle walk and chat. Everyone welcome, light refreshments included. For more information call **02837563946** or email: **verve.network@southerntrust.hscni.net** Cost: **Free**

**Bat and Chat – South Lake Leisure Centre, 10.30am – 12noon.** Bat and Chat table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly and relaxed environment. The sessions are ideal for everyone, from beginners who want to learn as well as more experienced players. All equipment is provided. For more information or to book call Amanda on **07816341112** or Email: **Amanda.mogey@armaghbanbridgecraigavon.gov.uk** Cost: **£3 per session**

**Social Pickleball – Rathfriland Community Centre, 10am-12noon.** Pickleball is a fun and active sport that helps you improve your fitness while providing an opportunity to get out and be social. Light refreshments included. For more information or to book call Reception on **02840638188** **£2 per session**

**Friendly Club – Clan Na Gael, Davitt Park, Francis Street, Lurgan, 10.30am – 12.30pm.** Social Club across Verve Healthy Living Network. Programmes include a wide variety of activities for wellbeing and time for a chat with light refreshments included. For more information or to book call **07725179863.** Cost: **£3 per session**

**Thurs 12 Oct**

**Community Strength and Balance Maintenance Classes – The Fitzone Foundation, Legahory Centre, Brownlow 1pm-2pm.** Exercises to improve your strength and balance for those with limited mobility or have had/have a fear of falling. For more information, other locations or to book call Sean on **02837563952** or Email: **Sean.collins@southerntrust.hscni.net** Cost: **Free**

**Tai Chi – Richhill Recreation Centre, 6pm – 7pm.** Gentle exercise and moving meditation, with benefits to mental and physical health. For more information or to book call Reception on **02838870719** Cost: **£2 per session**

**Tai Chi – Richhill Recreation Centre, 7pm – 8pm.** Gentle exercise and moving meditation, with benefits to mental and physical health. For more information or to book call Reception on **02838870719** Cost: **£2 per session**

**Fri 13 Oct**

**Over 50s Club – Gilford Community Centre, 10.00am – 12.00pm.** Programme to include Badminton, Chi Me, Pickle ball & much more. Light refreshments included. For more information or to book call Reception **02838831708** Cost **£3.10 per session**

**Chi Me Taster Session – Brownlow Community Hub Craigavon, 10am – 11.30am.** Light refreshments included. For more information or to book call Patreea on **02838324989/07787000160** Email: **patreea.long@armaghbanbridgecraigavon.gov.uk** Cost: **Free**

**Guided Audio Tree Trail Tour – Lurgan Park, 10am – 11.30am.** Join us as we explore the Parks, learn more about the different types of trees in the Park. The trails are suitable for all abilities, will take up to 60 minutes, and will cover a maximum distance of 1.1 miles. To book call Golf and Ski Centre on **02838 326606** or via **https://getactiveabc.com/positiveageingmonth** Cost: **Free**

**Over 50s Club – Tandragee Recreation Centre, 11am – 12noon.** Assorted activities for anyone aged 50+. For more information or to book call Reception on **02838841110** Cost: **£2 per class**

**Taghnevan Over 50's – Taghnevan Youth & Community Centre, Taghnevan Glenholme Park, Lurgan, 12pm – 2pm.** Social Club across Verve Healthy Living Network. Programmes include a wide variety of activities for wellbeing and time for a chat with light refreshments included. For more information or to book call **02838324989** Cost: **£3 per session**

**Online Photo Class – Rathfriland Library, 2:00pm – 4:00pm.** Creative photos for fun: order prints and create photobooks online. For more information or to book call **028 4063 0661** or Email: **rathfriland.library@librariesni.org.uk** Cost: **Free**

**Virtual Tea dance via Zoom, 3pm – 4pm.** For more information or to book email: **seniorsinfo@belfastcity.gov.uk** Cost: **Free**

**Sat 14 Oct**

**Armagh Rambling Club invite you to a Moderate ability walk in Castlewellan – Meet at Armagh Palace gates to depart promptly at 9am.** For more information or to book call Tom on **07834 345114**, Email: **secretary@armaghrambling.com** or check out the website: **https://armaghrambling.com/** Cost: **First two walks are free**

**Mon 16 Oct**

**Over 50s Club – Gilford Community Centre, 10.00am – 12.00pm.** Programme to include Badminton, Chi Me, Pickle ball & much more. Light refreshments included. For more information or to book call Reception **02838831708** Cost **£3.10 per session**

## Mon 16 Oct

**GOGA FIT Armagh Dobbin Street Community Centre Armagh, 10am – 11am.** Low intensity Inclusive Exercise class looking to develop balance, range of movement and cardio fitness, light refreshments included. For more information or to book call Martin on **07392170746** or Email: **mquick@dsni.co.uk** Cost: **£2 per session**

**HIM Group – (Men only) The Fitzone Foundation, Legahory Centre, Brownlow, BT65 5BE, 10am.** Social Club across Verve Healthy Living Network for men only with light refreshments included. For more information or to book call **07780812312**. Cost: **£4 per session**

**Verve Chatty Walks – Lurgan Park meeting at the water fountain, 10am – 11am.** Gentle walk and chat. Everyone welcome, light refreshments included. For more information call **02837563946** or email: **verve.network@southerntrust.hscni.net** Cost: **Free**

**Nurture in Nature Walks – Lough Neagh Discovery Centre. Meeting at 10:45 am** at the Discovery Centre for 11am start for a 40 min walk (Chi Me will be offered as an alternative to the walk if the weather is poor). Light refreshments included. Places are limited so booking is essential. For more information or to book call Joan on **07515607472** or Email: **PITC@armaghbanbridgecraigavon.gov.uk** Cost: **Free**

**Walking Football – Rathfriland Community Centre, 11am – 1pm.** Indoor walking football with light refreshments included. For more information or to book call Reception on **02840638188** **£2 per session**

**Taghnevan Knitting Club Taghnevan Youth & Community Centre, Glenholme Park, Lurgan, 2pm – 4pm.** Social Club across Verve Healthy Living Network. Come along and learn a new skill and have a chat with light refreshments included. For more information or to book call **02838324989**. Cost: **£2 per session**

**GOGA Tai Chi/ Chi me taster session – Dobbin Street Community Centre Armagh, 5pm – 6pm.** Low impact Tai chi for arthritis and Chi/ Me which aims to improve balance core strength and range of motion For more information or to book call Martin on **07392170746** or Email: **mquick@dsni.co.uk** Cost: **£2 per session**

## Tues 17 Oct

**Over 50s - Club Richhill Recreation Centre, 9.00am – 10.00am** Low impact activity class. For more information or to book call Reception on **02838870719** Cost: **£3.10pp**

**Over 50s Club (Badminton + Yoga) Orchard Leisure Centre Armagh Drop-in Badminton between 9am – finishes at 12noon. Yoga 12noon – 1pm.** For more information or to book call **02837515920**. Cost: **£3.10**

**Guided Audio Nature Trail Tour – Solitude Park Banbridge, 10am – 11.00am.** Join us as we explore the Parks, learn about and connect with nature and the wildlife. The trails are suitable for all abilities, will take up to 45 minutes, and will cover a maximum distance of 0.5 miles. To book call Golf and Ski Centre on **02838 326606** or via **https://getactiveabc.com/positiveageingmonth** Cost: **Free**

**Bat and Chat - Banbridge Leisure Centre, 10.30am – 12noon.** Bat and Chat table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly and relaxed environment. The sessions are ideal for everyone, from beginners who want to learn as well as more experienced players. All equipment is provided. For more information or to book call Amanda on **07816341112** or Email: **Amanda.mogey@armaghbanbridgecraigavon.gov.uk** Cost: **£3 per session**

## Tues 17 Oct

**Pilates - Dromore Community Centre, 10.30am – 11.15am.** Pilates promotes flexibility, strength and conditioning. For more information or to book call Reception on **02892699070** Cost **£2 per session**

**Intergenerational Halloween Party – Derrytrasna Club, Sarsfields Community Hall, 10-18 Hall Rampart Craigavon BT66 6QN, 10:30 – 12:15pm** run in conjunction with Loughshore Care Partnership. A fun-filled intergenerational morning with the local primary school to include crafts, mask painting, traditional Halloween games and music to suit everyone, followed with home-cooked apple pie and savoury treats along with a cup of tea and chat. For more information or to book call Hazel on **07787933257** or Email: **Bolandhazel0@gmail.com** Cost: **Free**

**Chair Yoga with Sayon – Cranagh & Aghagallon Club, Cranagh Hall, 18 Whitehall Road, Aghagallon, Craigavon, BT67 OAE, 11 – 12:15pm.** Run in conjunction with Loughshore Care Partnership. Join us in a tea and chat then participate in this gentle form of yoga that enhances flexibility combined with some breathing and relaxation techniques that reduces stress and improves clear thinking and focus. No previous experience needed. For more information or to book call Hazel on **07787933257** or Email: **Bolandhazel0@gmail.com** Cost: **Free**

**Online Money & Pensions Service Talk, 11am – 12 noon.** Delivered via Microsoft Teams. General overview of pensions, state pensions, options on retirement, scams etc. Join on your computer, mobile app or room device. Click here to join the meeting Meeting ID: **392 141 323 32** Passcode: **kebr25** Cost: **Free**

**Yoga – Dromore Community Centre, 11.30am – 12.15pm.** Yoga promotes flexibility, strength and conditioning. For more information or to book call Reception on **02892699070** Cost: **£2 per session**

**Buff Bones - Richhill Recreation Centre, 5pm - 5.45pm.** Health class promoting strength training & therapeutic exercise. For more information or to book call Reception on **02838870719** **£2 per session**

## Wed 18 Oct

**Verve Chatty Walks – Oxford Island meeting at Lough Neagh Discovery Centre, 10am – 11am.** Gentle walk and chat. Everyone welcome, light refreshments included. For more information call **02837563946** or email: **verve.network@southerntrust.hscni.net** Cost: **Free**

**Special Olympics Event – South Lakes Leisure Centre, 10am – 12noon.** Mini Team Games. For more information or to book call **03300564411** Cost: **£3.10 per session**

**Mindfulness & Relaxation – South Lakes Leisure Centre, 10am – 12noon.** Mindfulness meditation helps keep you in the moment and provides physical and mental health benefits. For more information or to book call **03300564411** Cost: **£3.10 per session**

**Introduction to using Kindle Fire – Dromore Library, 10.30am – 12.30pm.** If you'd like to find out more on how to use Kindle tablet. For more information or to book call **028 9269 2280** or Email: **dromore.library@librariesni.org.uk** Cost: **Free**

**Bat and Chat – Dromore Community Centre, 10.30am – 12noon.** Bat and Chat table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly and relaxed environment. The sessions are ideal for everyone, from beginners who want to learn as well as more experienced players. All equipment is provided. For more information or to book call Amanda on **07816341112** or Email: **Amanda.mogey@armaghbanbridgecraigavon.gov.uk** Cost: **£3 per session**

## Wed 18 Oct

**HOPE Group – Drumcree Community Centre, Portadown, 2pm – 4pm.** A peer support group for people living with chronic pain. Craft, relaxation, light exercise, information and support. Light refreshments included. For more information or to book call **02837563946**. Cost: **small contribution towards refreshments**

**Buff Bones – Tandragee Recreation Centre, 5pm – 5.45pm.** Health class promoting strength training & therapeutic exercise. For more information or to book call Reception on 02838841110 Cost: **£2 per session**

**Positive Ageing Month Quiz via Zoom 3pm - 4pm.** For more information or to book email: **seniorsinfo@belfastcity.gov.uk** Cost: **Free**

## Thurs 19 Oct

**Verve Chatty Walks- South Lakes meet at Café Incredible, 10am-11am.** Gentle walk and chat. Everyone welcome, light refreshments included. For more information call **02837563946** or email: **verve.network@southerntrust.hscni.net** Cost: **Free**

**IT help for beginners, 1-2-1 eClinic – Lurgan Library 10:30am-4:00pm.** IT help for beginners, get help with your mobile device, general IT assistance, information about library e-services. For more information or to book call **028 3832 3912** or Email: **lurgan.library@librariesni.org.uk** Cost: **Free**

**Online Allstate Cyber Safety for Older Adults, 10.30-11.30. Delivered via Zoom.** The training covers common online scams, fraud protection, and cybersecurity awareness, including password protection and privacy setting. To register, click on the link below; Register to attend an Allstate Cyber Safety for Older Adults session (office.com). For further information, contact Stephanie Rock on **078250120630** or email: **Agefriendly@armaghbanbridgecraigavon.gov.uk** Cost: **Free**

**Bat and Chat – South Lake Leisure Centre, 10.30am – 12noon.** Bat and Chat table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly and relaxed environment. The sessions are ideal for everyone, from beginners who want to learn as well as more experienced players. All equipment is provided. For more information or to book call Amanda on **07816341112** or Email: **Amanda.mogey@armaghbanbridgecraigavon.gov.uk** Cost: **£3 per session**

**Friendly Club – Clan Na Gael, Davitt Park, Francis Street, Lurgan, 10.30am – 12.30pm.** Social Club across Verve Healthy Living Network. Programmes include a wide variety of activities for wellbeing and time for a chat with light refreshments included. For more information or to book call **07725179863**. Cost: **£3 per session**

**Social Pickleball – Rathfriland Community Centre, 10am – 12noon.** Pickleball is a fun and active sport that helps you improve your fitness while providing an opportunity to get out and be social. Light refreshments included. For more information or to book call Reception on **02840638188** Cost: **£2 per session**

**Community Strength and Balance Maintenance Classes – The Fitzone Foundation, Legahory Centre, Brownlow, 1pm – 2pm.** Exercises to improve your strength and balance for those with limited mobility or have had/have a fear of falling. For more information, other locations or to book call Sean on **02837563952** or Email: **Sean.collins@southerntrust.hscni.net** Cost: **Free**

**Tai Chi - Richhill Recreation Centre, 6pm - 7pm.** Gentle exercise and moving meditation, with benefits to mental and physical health. For more information or to book call Reception on **02838870719** Cost: **£2 per session**



<b>Thurs 19 Oct</b>	<b>Tai Chi - Richhill Recreation Centre, 7pm - 8pm.</b> Gentle exercise and moving meditation, with benefits to mental and physical health. For more information or to book call Reception on <b>02838870719</b> Cost <b>£2 per session</b>
<b>Fri 20 Oct</b>	<p><b>Over 50s Club - Gilford Community Centre, 10.00am – 12.00pm.</b> Programme to include Badminton, Chi Me, Pickle ball &amp; much more. Light refreshments included. For more information or to book call Reception <b>02838831708</b> Cost: <b>£3.10 per session</b></p> <p><b>Over 50s Club - Tandragee Recreation Centre, 11am-12noon.</b> Assorted activities for anyone aged 50+. For more information or to book call Reception on <b>02838841110</b> Cost: <b>£2 per session</b></p> <p><b>Taghnevan Over 50's - Taghnevan Youth &amp; Community Centre, Glenholme Park, Lurgan, 12pm – 2pm.</b> Social Club across Verve Healthy Living Network. Programmes include a wide variety of activities for wellbeing and time for a chat with light refreshments included. For more information or to book call <b>02838324989</b> Cost: <b>£3 per session</b></p>
<b>Sun 22 Oct</b>	<b>Armagh Rambling Club invite you to a walk around Windmill Wood Dungannon – Meet at Armagh Palace gates to depart promptly at 2pm.</b> For more information or to book call Tom on <b>07834 345114</b> , Email: <b>secretary@armaghrambling.com</b> or check out the website: <b>https://armaghrambling.com/</b> Cost: <b>First two walks are free</b>
<b>Mon 23 Oct</b>	<p><b>Over 50s Club - Gilford Community Centre, 10.00am – 12.00pm.</b> Programme to include Badminton, Chi Me, Pickle ball &amp; much more. Light refreshments included. For more information or to book call Reception <b>02838831708</b> Cost: <b>£3.10 per session</b></p> <p><b>GOGA FIT Armagh &amp; Light refreshments – Dobbin Street Community Centre Armagh. 10am – 11am.</b> Low intensity Inclusive Exercise class looking to develop balance, range of movement and cardio fitness. For more information or to book call Martin on <b>07392170746</b> or Email: <b>mquick@dsni.co.uk</b> Cost: <b>£2 per session</b></p> <p><b>HIM Group – (Men only).The Fitzone Foundation, Legahory Centre, Brownlow, BT65 5BE. 10am.</b> Social Club across Verve Healthy Living Network for men only with light refreshments included. For more information or to book call 07780812312. Cost: <b>£4 per session</b></p> <p><b>Verve Chatty Walks - Lurgan Park meeting at the water fountain. 10am – 11am.</b> Gentle walk and chat. Everyone welcome, light refreshments included. For more information call 02837563946 or email: <b>verve.network@southerntrust.hscni.net</b> Cost: <b>Free</b></p> <p><b>IT help for beginners, 1-2-1 eClinic – Armagh Library 10:00am – 4:00pm.</b> IT help for beginners, get help with your mobile device, general IT assistance, information about library e-services. For more information or to book call <b>028 3752 4072</b> or Email: <b>armagh.library@librariesni.org.uk</b> Cost: <b>Free</b></p> <p><b>Nurture in Nature Walks – Banbridge Leisure Centre. Meeting at 10:45 am at the main entrance for 11am start for a 40 min walk</b> (Chi Me will be offered as an alternative to the walk if the weather in poor). Light refreshments included. Places are limited so booking is essential. For more information or to book call Joan on <b>07515607472</b> or Email: <b>PITC@armaghibanbridgecraigavon.gov.uk</b> Cost: <b>Free</b></p> <p><b>Walking Football – Rathfriland Community Centre 11am – 1pm.</b> Indoor walking football with light refreshments included. For more information or to book call Reception on <b>02840638188</b> <b>£2 per session</b></p>

**Mon 23 Oct**

**Taghnevan Knitting Club Taghnevan Youth & Community Centre, Glenholme Park, Lurgan. 2pm-4pm.** Social Club across Verve Healthy Living Network. Come along and learn a new skill and have a chat with light refreshments included. For more information or to book call **02838324989**. Cost **£2 per session**

**Online Move More Live More Information Session 2 – 3pm.** Delivered via Zoom. Regional online session to promote falls prevention messages and inform individuals how they can access the 6-week Move More Live More programme. To get Zoom link for session: email **move-more@ageni.org** Cost: **Free**

**GOGA Tai Chi/ Chi me taster session – Dobbin Street Community Centre Armagh. 5pm – 6pm.** Low impact Tai chi for arthritis and Chi/ Me which aims to improve balance core strength and range of motion. For more information or to book call Martin on **07392170746** or Email: **mquick@dsni.co.uk** Cost: **£2 per session**

**Tues 24 Oct**

**Over 50s – Club Richhill Recreation Centre, 9.00am – 10.00am.** Low impact activity class. For more information or to book call Reception on **02838870719** Cost: **£3.10 per session**

**Over 50s Club (Badminton + Yoga) – Orchard Leisure Centre Armagh.** Drop-in Badminton between 9am-finishes at 12noon. Yoga 12noon – 1pm. For more information call **02837515920**. Cost **£3.10 per session**

**Guided Audio Historical Trail Tour – Lurgan Park 10am– 11.30am.** Join us as we explore the Parks, learn more about the area's history and connect with nature and wildlife. The trails are suitable for all abilities, will take up to 60 minutes, and will cover a maximum distance of 1.1 miles. To book call Golf and Ski Centre on **02838 326606** or via **<https://getactiveabc.com/positiveageingmonth>** Cost: **Free**

**Bat and Chat– Banbridge Leisure Centre: 10.30am – 12noon.** Bat and Chat table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly and relaxed environment. The sessions are ideal for everyone, from beginners who want to learn as well as more experienced players. All equipment is provided. For more information or to book call Amanda on **07816341112** or Email: **Amanda.mogey@armaghbanbridgecraigavon.gov.uk** Cost: **£3 per session**

**Buff Bones – Richhill Recreation Centre 5pm– 5.45pm.** Health class promoting strength training & therapeutic exercise. For more information or to book call Reception on **02838870719** Cost: **£3.10 per session**

**Pumpkin Carving (Ladies only) The Fitzone Foundation, Legahory Centre, Brownlow. 7.15pm– 9pm.** Light refreshments included. For more information or to book call Sean on **02837563952** or Email: **Sean.collins@southerntrust.hscni.net** Cost: **Free**

**Wed 25 Oct**

**Verve Chatty Walks – Oxford Island meeting at Lough Neagh Discovery Centre. 10am – 11am.** Gentle walk and chat. Everyone welcome, refreshments included. For more information call **02837563946** or email: **verve.network@southerntrust.hscni.net** Cost: **Free**

**Dance Session – South Lakes Leisure Centre 10am - 12noon.** Take part in some Halloween themed dance moves. For more information or to book call **03300564411** Cost: **£3.10 per session**

**Pumpkin Carving & Flower Arranging Workshop- South Lakes Leisure Centre 10am - 12noon.** Halloween themed with hot drink provided by Café Incredible. For more information or to book call **03300564411** Cost: **£6 per session**

## Wed 25 Oct

**Bat and Chat – Dromore Community Centre: 10.30am – 12noon.** Bat and Chat table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly and relaxed environment. The sessions are ideal for everyone, from beginners who want to learn as well as more experienced players. All equipment is provided. For more information or to book call Amanda on **07816341112** or Email: **Amanda.mogey@armaghbanbridgecraigavon.gov.uk** Cost: **£3 per session**

**Family History Session – Portadown Library. 10:30am – 12:30pm** Family History: Irish birth, death and marriage civil records online for beginners. For more information or to book call **028 3833 6122** or Email: **portadown.library@librariesni.org.uk** Cost: **Free**

**HOPE Group – Drumcree Community Centre, Portadown. 2pm – 4pm.** A peer support group for people living with chronic pain. Craft, relaxation, light exercise, information and support. Light refreshments included. For more information or to book call **02837563946**. Cost: **small contribution towards refreshments**

**A basic introduction to the iPad. Brownlow Library. 2:30pm – 4:30pm.** If you have an iPad or are thinking of getting one and want to learn how to use it, then this is for you! For more information or to book call **028 3834 1946** or Email: **brownlow.library@librariesni.org.uk** Cost: **Free**

**Buff Bones – Tandragee Recreation Centre 5pm – 5.45pm.** Health class promoting strength training & therapeutic exercise. For more information or to book call Reception on **02838841110** Cost: **£2 per session**

## Thurs 26 Oct

**Verve Chatty Walks – South Lakes meet at Café Incredible. 10am – 11am.** Gentle walk and chat. Everyone welcome, light refreshments included. For more information call **02837563946** or email: **verve.network@southerntrust.hscni.net** Cost: **Free**

**Social Pickleball – Rathfriland Community Centre 10am – 12noon.** Pickleball is a fun and active sport that helps you improve your fitness while providing an opportunity to get out and be social. Light refreshments included. For more information or to book call Reception on **02840638188** **£2 per session**

**Bat and Chat – South Lake Leisure Centre: 10.30am – 12noon.** Bat and Chat table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly and relaxed environment. The sessions are ideal for everyone, from beginners who want to learn as well as more experienced players. All equipment is provided. For more information or to book call Amanda on **07816341112** or Email: **Amanda.mogey@armaghbanbridgecraigavon.gov.uk** Cost: **£3 per session**

**Friendly Club – Clan Na Gael, Davitt Park, Francis Street, Lurgan, 10.30am – 12.30pm.** Social Club across Verve Healthy Living Network. Programmes include a wide variety of activities for wellbeing and time for a chat with light refreshments included. For more information or to book call **07725179863**. Cost: **£3 per session**

**SCAM & Crime Prevention Presentation – Killicomaine Jubilee Community Centre, Portadown. 10.30am – 11.30am.** Limited Spaces available. For more information please contact David on **02838336816** or Email: **David.Crawford@armaghbanbridgecraigavon.gov.uk** Cost: **Free**

**Community Strength and Balance Maintenance Classes – The Fitzone Foundation, Legahory Centre, Brownlow 1pm – 2pm.** Exercises to improve your strength and balance for those with limited mobility or have had/have a fear of falling. For more information, other locations or to book call Sean on **02837563952** or Email: **Sean.collins@southerntrust.hscni.net** Cost: **Free**

<p><b>Thurs 26 Oct</b></p>	<p><b>Tai Chi - Richhill Recreation Centre 6pm – 7pm.</b> Gentle exercise and moving meditation, with benefits to mental and physical health. For more information or to book call Reception on <b>02838870719</b> Cost: <b>£2 per session</b></p> <p><b>Tai Chi - Richhill Recreation Centre 7pm – 8pm.</b> Gentle exercise and moving meditation, with benefits to mental and physical health. For more information or to book call Reception on <b>02838870719</b> Cost: <b>£2 per session</b></p>
<p><b>Fri 27 Oct</b></p>	<p><b>Over 50s Club – Gilford Community Centre, 10.00am – 12.00pm.</b> Programme to include Badminton, Chi Me, Pickle ball &amp; much more. Light refreshments included. For more information or to book call Reception <b>02838831708</b> Cost: <b>£3.10 per session</b></p> <p><b>IT help for beginners, 1-2-1 eClinic – Keady Library 10:00am – 1:00pm.</b> IT help for beginners, get help with your mobile device, general IT assistance, information about library e-services. For more information or to book call <b>028 3753 1365</b> or Email: <b>keady.library@librariesni.org.uk</b> Cost: <b>Free</b></p> <p><b>An introduction to Chair Yoga – North Lurgan Community Centre, 10.30am – 12pm.</b> Light refreshments provided. Limited places available. For more information or to book contact Catherine/ Vicky/ Damian on <b>02838 316394</b> or Email: <b>catherine.magennis@armaghbanbridgecraigavon.gov.uk</b> Cost: <b>Free</b></p> <p><b>Over 50s Club – Tandragee Recreation Centre 11am – 12noon. Assorted activities for anyone aged 50+.</b> For more information or to book call Reception on <b>02838841110</b> Cost: <b>£2 per session</b></p> <p><b>Taghnevan Over 50's – Taghnevan Youth &amp; Community Centre, Taghnevan, Glenholme Park, Lurgan. 12pm-2pm.</b> Social Club across Verve Healthy Living Network. Programmes include a wide variety of activities for wellbeing and time for a chat with light refreshments included. For more information or to book call <b>02838324989</b> Cost: <b>£3 per session</b></p>
<p><b>Sat 28 Oct</b></p>	<p><b>Armagh Rambling Club invite you to a Moderate ability walk in TBC –</b> Meet at Armagh Palace gates to depart promptly at 9am. For more information or to book call Tom on <b>07834 345114</b>, Email: <b>secretary@armaghrambling.com</b> or check out the website: <b>https://armaghrambling.com/</b> Cost: <b>First two walks are free</b></p>
<p><b>Mon 30 Oct</b></p>	<p><b>Over 50s Club – Gilford Community Centre, 10.00am – 12.00pm.</b> Programme to include Badminton, Chi Me, Pickle ball &amp; much more. Light refreshments included. For more information or to book call Reception <b>02838831708</b> Cost: <b>£3.10 per session</b></p> <p><b>GOGA FIT Armagh Dobbin Street Community Centre Armagh, 10am – 11am.</b> Low intensity Inclusive Exercise class looking to develop balance, range of movement and cardio fitness. Light refreshments included. For more information or to book call Martin on <b>07392170746</b> or Email: <b>mquick@dsni.co.uk</b> Cost: <b>£2 per session</b></p> <p><b>HIM Group – (Men only). The Fitzone Foundation, Legahory Centre, Brownlow, BT65 5BE. 10am.</b> Social Club across Verve Healthy Living Network for men only with light refreshments included. For more information or to book call <b>07780812312</b>. Cost: <b>£4 per session</b></p> <p><b>Verve Chatty Walks- Lurgan Park meeting at the water fountain, 10am – 11am.</b> Gentle walk and chat. Everyone welcome, light refreshments included. For more information call <b>02837563946</b> or email: <b>verve.network@southerntrust.hscni.net</b> Cost: <b>Free</b></p>

## Mon 30 Oct

**Walking Football - Rathfriland Community Centre 11am -1pm.** Indoor walking football with light refreshments included. For more information or to book call Reception on **02840638188 £2 per session**

**Get Support With Hearing Loss - Free drop-in service – Visit RNID at 11a Dobbin Street Armagh, BT61 7QQ. 11.30am to 1.30pm.** No appointment needed. Our friendly volunteers can support you with: Information on hearing loss and tinnitus, How to do a hearing check, Hearing aids, including basic repairs and maintenance of NHS hearing aids, How to access support and services in your area. For more information call Carolyn on **07407732106** or Email: Mariette Mulvenna & Lisa Stewart on **Volunteeringnorthernireland@rnid.org.uk** Cost: **Free**

**Taghnevan Knitting Club Taghnevan Youth & Community Centre, Glenholme Park, Lurgan. 2pm-4pm.** Social Club across Verve Healthy Living Network. Come along and learn a new skill and have a chat with light refreshments included. For more information or to book call **02838324989** Cost: **£2 per session**

**GOGA Tai Chi/ Chi me taster session - Dobbin Street Community Centre Armagh. 5pm-6pm.** Low impact **Tai chi** for arthritis and Chi/ Me which aims to improve balance core strength and range of motion. For more information or to book call Martin on **07392170746** or Email: **mquick@dsni.co.uk** Cost: **£2 per session**

## Tues 31 Oct

**Happy Halloween!**

**Bat and Chat - Banbridge Leisure Centre: 10.30am – 12noon.** Bat and Chat table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly and relaxed environment. The sessions are ideal for everyone, from beginners who want to learn as well as more experienced players. All equipment is provided. For more information or to book call Amanda on **07816341112** or Email: **Amanda.mogey@armaghbanbridgescraigavon.gov.uk** Cost: **£3 per session**

# ABC PCSP Helping Different Generations Come Together

**Connections between the old and young have been strengthened thanks to ABC PCSP's Intergenerational Programme.**

Since 2013, Armagh, Banbridge and Craigavon Policing and Community Safety Partnership (ABC PCSP) has delivered over 30 intergenerational initiatives across the ABC borough, helping build trust, confidence, and engagement between older and younger people.

Recent projects have saw children from Lurgan's Ozanam Centre and members of the SVP Men's Shed complete a positive arts programme, students from St Mary's Primary School in Derrytrasna along with their parents

and grandparents create a wall mural as well as pupils from St Ronan's College in Lurgan and older people from Ozanam Men's Shed craft a variety of wooden art items.

By facilitating open discussion and activities like these, ABC PCSP's Intergeneration Programme is helping highlight perceptions younger and older people have towards each other as well as break down barriers and foster a better understanding between each generation.

To find out more or learn how to get involved in an Intergenerational Programme, contact Aisling on **07787 222502** or email: [aisling.gillespie@armaghbancraigavon](mailto:aisling.gillespie@armaghbancraigavon).



Pupils from St Ronan's College in Lurgan and older people from Ozanam Men's Shed proudly display their handcrafted wooden art.



Armagh, Banbridge and Craigavon Policing & Community Safety Partnership (PCSP) are looking for your views to help inform the work we do to prevent crime, fear of crime and anti-social behaviour.

The views of older people are especially important to us so help us by completing our survey using the QR code or for a hard copy, telephone **07721 109759**.



Supported by



# Keep Learning - True or False Quiz

## Questions:

1. Elizabeth Taylor married seven times.
2. Madonna the pop singer's real name is Madonna.
3. The Tower of London is attached to Buckingham Palace.
4. Elvis Presley was a twin.
5. Four babies are born in the world every second.
6. All giant pandas in zoos around the world belong to China; they are only on loan to world zoos.
7. England has more pets per household than any other country.
8. The Mona Lisa portrait painting has very distinct dark eyebrows.
9. Starfish have brains half their body size.
10. Penguins never lose their teeth.

Answers at the bottom of the page.

## Autumn Jokes

**Q:** Why did the apple pie cry?

**A:** It's peelings were hurt!

**Q:** What reads and lives in apples?

**A:** Bookworms.

**Q:** What's the best thing to put into an apple pie?

**A:** Your teeth.

**Q:** What did one autumn leaf say to the other?

**A:** I'm falling for you.

**Q:** Why do trees try new things so often?

**A:** Because every autumn, then turn over a new leaf.

**Q:** If money really did grow on trees, then what would everyone's favorite season be?

**A:** Autumn.

**Q:** Why are trees so care free and easy going?

**A:** Because every fall, they let loose.

## Leaves

by Elsie N. Brady

*How silently they tumble down  
And come to rest upon the ground  
To lay a carpet, rich and rare,  
Beneath the trees without a care,  
Content to sleep, their work well done,  
Colors gleaming in the sun.*

*At other times, they wildly fly  
Until they nearly reach the sky.  
Twisting, turning through the air  
Till all the trees stand stark and bare.  
Exhausted, drop to earth below  
To wait, like children, for the snow.*

**Quiz Answers:** 1. (A) False - Elizabeth married 8 times, including marrying Richard Burton twice.

2. (A) True - Her real name is Madonna. 3. (A) False - They are 4 miles apart. 4. (A) True - Elvis had a twin brother named Jesse who died at birth. 5. (A) True - Approximately 250 births per minute, 15,000 per hour, and 360,000 per day. 6. (A) True. 7. (A) False - New Zealand has the most pets in their homes.

8. (A) False - The Mona Lisa painting has no eyebrows. 9. (A) False - They have no brains.

10. (A) False - They don't have teeth.

# Access & Information Service

## ARE YOU OVER 65?

The Access & Information Service is part of the Promoting Wellbeing Division within the SHSCT and can offer assistance with the following:

- Advice, support and guidance on aspects of daily living
- Services and resources in you local area to support you to live independently
- Practical help e.g. Food, fuel, Pharmacy
- Emotional Support
- Telephone Befriending e.g. feeling lonely or isolated
- Keeping active & healthy
- Carer Support
- Signpost to Stop Smoking Services
- Home Safety & Security
- Other Health & Wellbeing Services



**T: 028 3756 4300**

**E: [access.information@southerntrust.hscni.net](mailto:access.information@southerntrust.hscni.net)**



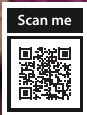
# Deafblind NI

## Live better with sight and hearing loss

Our wide range of services are designed to help you continue to live the life you love.

### Contact us today

[www.deafblind.org.uk](http://www.deafblind.org.uk)  
Free helpline: 0800 132 320  
Text: 07903 572885  
Email: [info@deafblind.org.uk](mailto:info@deafblind.org.uk)  
Text relay: 18001 then 0800 132320  
BSL video relay: [deafblind.org.uk/bsl](http://deafblind.org.uk/bsl)



## IS YOUR HOME AS SAFE AS HOUSES?

- Are you aged 65 or over?
- Do you live in Armagh, Banbridge or Craigavon area?
- Are you frightened of becoming a victim of domestic burglary or bogus caller?
- Are you living with a fear of crime?

## A FREE HOME SECURITY SURVEY FOR PEOPLE AGED 65+

### Community Crime Alert Project



### Home Security Scheme

Our home security scheme for older people aims to reduce fear of crime and improve the security and peace of mind for people aged 65 and over.

You will receive a visit from a member of the PCSP team who will carry out a security survey of your home and advise you how to make it more secure.

Including:

- Lighting
- Front Door and Back Door security
- Windows and locks
- General interior and external security

We can also provide and fit, if appropriate, items such as peepholes and door bars.

If you would like a free home security survey please provide your details below and we will contact you to arrange a suitable date and time to visit you

Name: .....

Address: .....

Tel No: .....

**Post:** PCSP, Council Offices, The Palace Demesne, Armagh, BT60 4E  
**Or Email:** [homesecurity@aramghbanbridgecraigavon.gov.uk](mailto:homesecurity@aramghbanbridgecraigavon.gov.uk)  
For more information call: **0300 0300 900**  
[www.facebook.com/armaghbanbridgecraigavonpcsp](http://www.facebook.com/armaghbanbridgecraigavonpcsp)



## A FREE home security assessment